

LUNCH TO GO

Name:

Account:

Date:

Pick Up Time:

TERMINAL CITY CLUB
837 Hastings Street West
Vancouver, BC V6C 1B6

604.681.4121
www.tcclub.com

honouring tradition · embracing tomorrow

LUNCH TO GO



FITNESS CENTRE

Order a healthy lunch to go before you start your work out!

Select your choice of sandwich or salad as well as fruit, beverage and a bar for \$14 all inclusive, and we will have it boxed and waiting for you at the end of your workout. All meals are prepared fresh at the time of order from The Grill kitchen.

Available Monday to Friday 11a.m. to 3 p.m., exclusive of holidays.

Please leave your completed form with the Fitness Centre Attendant.

SPECIAL INSTRUCTIONS:

SANDWICHES & SALADS

Choose

- Ham and Egg Croissant
- Seared Albacore Tuna
*avocado, tomato
olive tapenade on multigrain*
- Grilled Chicken Caesar Wrap
- Asian Greens, Roots & Shoots
grilled chicken with tofu vinaigrette

BEVERAGE

Choose

- APPLE JUICE
- ORANGE JUICE
- CRANBERRY JUICE
- BOTTLED WATER
- POP _____

WHOLE FRUIT

Choose

- APPLE
- ORANGE
- BANANA
- SURPRISE ME!

POWER SHAKES

Substitute a power shake for your fruit & beverage, \$4.00 inclusive.

Choose Supplement

- ISOWHEY
- VEGA

Choose Dairy

- YOGHURT
- SKIM MILK
- SOY MILK
- WATER

Choose Flavour

- STRAWBERRY AND BANANA
- BLUEBERRY AND POMEGRANATE

Add

- GREENS+ (1.50)
- BEE POLLEN (1.50)